



## Blisters on My Sisters



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 handfuls arugula
- ☐ 1 cup black beans canned drained
- ☐ 2 canned tomatoes fresh chopped canned ( or from a can of San Marzano tomatoes)
- ☐ 2 servings chipotle sauce minced
- ☐ 2 cups rice white cooked
- ☐ 6 corn tortillas warmed
- ☐ 2 extra large eggs

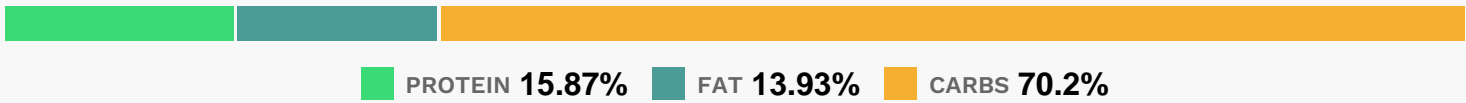
## Equipment

☐ frying pan

Directions

- ☐ Heat the tortillas on the griddle or in whatever way you like to heat tortillas.
- ☐ In a sauté pan over medium heat, combine the rice,soup, tomatoes, and jalapeño peppers.
- ☐ Mush it all up together.
- ☐ Meanwhile, cook the eggs sunny-side up.
- ☐ To serve, put 1 handful of arugula in the bottom of two plates.
- ☐ Put the tortillas side by side on top of the arugula, and the rice-beans mixture on top of the tortillas, dividing it evenly.
- ☐ Carefully slide the sunnies on top of that, and serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Eat Me by Kenny Shopshin Copyright (c) 2008 by Kenny Shopshin Published by Knopf. Kenny Shopsin is a self-taught chef who has developed his own inimitable style: He colors outside of the lines and then uses the crayons in his pancakes. He lives in Greenwich Village.Carolynn Carreño is a James Beard Award-winning journalist and the coauthor of 100 Ways to Be Pasta, Once Upon a Tart, and A Twist of the Wrist. She lives in Los Angeles and New York.

Nutrition Facts



Properties

Glycemic Index:114.75, Glycemic Load:63.06, Inflammation Score:-7, Nutrition Score:23.341304240019%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 542.39kcal (27.12%), Fat: 8.42g (12.95%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 95.44g (31.81%), Net Carbohydrates: 83.34g (30.31%), Sugar: 1.84g (2.05%), Cholesterol: 208.32mg (69.44%), Sodium: 454.02mg (19.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.14%), Manganese: 1.28mg (64.11%), Phosphorus: 527.34mg (52.73%), Selenium: 34.98µg (49.98%), Fiber: 12.1g (48.42%), Magnesium: 121.54mg (30.39%), Folate: 106.95µg (26.74%), Vitamin B2: 0.45mg (26.36%), Vitamin B6: 0.48mg (23.82%), Iron: 4.19mg (23.3%), Copper: 0.45mg (22.58%), Vitamin K: 22.02µg (20.97%), Zinc: 3.08mg (20.53%), Vitamin B5: 1.81mg (18.08%), Potassium: 619.27mg (17.69%), Calcium: 172.78mg (17.28%), Vitamin B1: 0.26mg (17.15%), Vitamin A: 784.15IU (15.68%), Vitamin B3: 2.45mg (12.25%), Vitamin B12: 0.5µg (8.31%), Vitamin D: 1.12µg (7.47%), Vitamin C: 5.41mg (6.56%), Vitamin E: 0.97mg (6.45%)